AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1-55. (canceled)

56. (new) A preparation suitable for the prevention and/or treatment of dementia syndromes, cognitive degeneration or hearing loss, comprising the following fractions:

a) long chain polyunsaturated fatty acids comprising at least one Ω-3 fatty acid selected from the group consisting of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA);

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine; and

c) at least one factor in methionine metabolism, selected from the group consisting of folic acid, vitamin B12, vitamin B6, magnesium and zinc.

57. (new) The preparation according to claim 56, wherein fraction b) comprises phosphatidylcholine, phosphatidylethanolamine and phosphatidylserine.

58. (new) The preparation according to claim 57, wherein the weight ratio of phosphatidylcholine and phosphatidylethanolamine to phosphatidylserine is in the range from 0.5:1 to 20:1.

59. (new) The preparation according to claim 56, wherein the phospholipids are present in an amount of at least 0.2 g.

60. (new) The preparation according to claim 56, wherein phosphatidylserine is present in an amount of at least 0.1 g.

61. (new) The preparation according to claim 56, wherein fraction a) further comprises at least one member selected from the group consisting of linoleic acid and α-linolenic acid, and optionally one Ω-6 fatty acid selected from dihomogammalinolenic acid (DHGLA) and arachidonic acid (AA), and wherein the ratio of the total amount of EPA + DHA + DHGLA + AA to the total amount of linoleic acid and α-linolenic acid is above 0.4:1.

62. (new) The preparation according to claim 56, further comprising d) at least one of a citrate or citric acid.

63. (new) The preparation according to claim 56, further comprising e) huperzine A.

64. (new) The preparation according to claim 56, wherein fraction c) comprises at least folic acid and vitamin B6.

65. (new) The preparation according to claim 56, wherein fraction c) further contains at least one member selected from the group consisting of S-adenosylmethionine, choline, betaine and copper.

66. (new) The preparation according to claim 56, wherein fraction c) comprises zinc and copper, wherein the weight ratio of zinc to copper is between 5 and 12.

67. (new) The preparation according to claim 56, which further contains f) at least one member selected from the group consisting of carnitine, vitamin B1, vitamin B5 and coenzyme Q10.

68. (new) The preparation according to claim 56, which further contains g) at least one antioxidant selected from the group consisting of vitamin C, vitamin E, lipoic acid, selenium salts and carotenoids.

69. (new) The preparation according to claim 56, which further contains h) an extract of ginkgo biloba.

70. (new) The preparation according to claim 56, which comprises per daily dose:

at least 120 mg of long chain polyunsaturated fatty acids;

at least 200 mg phospholipids;

at least 200 µg folic acid; and

at least 500 mg citrate.

71. (new) The preparation according to claim 70, which comprises per daily dose:

at least 20 mg eicosapentaenoic acid;

at least 50 mg docosahexaenoic acid;

at least 50 mg arachidonic acid;

at least 200 mg phospholipids;

at least 200 µg folic acid;

at least 100 mg magnesium;

at least 5 mg zinc;

at least 2 mg vitamin B6;

at least 2 µg vitamin B12; and

at least 1.0 g citrate.

72. (new) The preparation according to claim 56, wherein said preparation is in the form of a nutritional supplement.

73. (new) A method for treating and/or preventing vascular disorders or secondary disorders associated therewith in a mammal in need thereof, comprising administering to said mammal an effective amount of a preparation comprising the following fractions:

a) long chain polyunsaturated fatty acids comprising at least one Ω-3 fatty acid selected from the group consisting of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA);

b) at least two different phospholipids selected from the group consisting of phosphatidylserine, phosphatidylinositol, phosphatidylcholine and phosphatidylethanolamine; and

c) at least one factor in methionine metabolism, selected from the group consisting of folic acid, vitamin B12, vitamin B6, magnesium and zinc.

74. (new) The method according to claim 73, wherein the mammal suffers from atherosclerosis, arteriosclerosis,

hypercholesterolaemia, hyperlipidaemia, elevated blood pressure, angina pectoris, dementia syndromes, cerebrovascular accidents, temporary disorders associated with ischaemia, M. Raynaud, vene thrombose, postpartum thrombose, myocard infarct, varicose veins, thrombo angiitis obliterans and atheroslecrosis obliterans.

75. (new) The method according to claim 73, wherein the mammal suffers from dementia syndrome, cognitive degeneration or hearing loss.